



# Iodine

## INTRODUCED 2000

### What Is It?

Iodine provides natural support for the thyroid gland, helping to maintain healthy cellular metabolism.\*

### Uses For Iodine

**Thyroid Support:** Iodine is absorbed by the thyroid gland and supports the formation of thyroid hormones. Thyroid hormones have the ability to cross cell membranes, thereby supporting all cells of the body. In the cell, they promote metabolic function by enhancing mitochondrial activity and enzyme synthesis, particularly in the muscle and liver.\*

### What Is The Source?

Pure Encapsulations Iodine is from potassium iodide. Iodide is derived from salt brine. Hypo-allergenic plant fiber is derived from pine cellulose. Each capsule typically contains 74 mcg potassium.

### Recommendations

Pure Encapsulations recommends 2 capsules daily, in divided doses, with meals.


### Are There Any Potential Side Effects Or Precautions?

If pregnant or lactating, consult your physician before taking this product. Taking iodine in amounts greater than 1,100 mcg per day should be monitored by a health-care professional. Sensitivity reactions to iodine include angioedema, fever, joint pain, lymph node enlargement, eosinophilia, rash or thrombotic thrombocytopenic purpura. Pure Encapsulation iodine supplements are not designed nor recommended as support against radioactive fallout. Consult your physician for more information.


### Are There Any Potential Drug Interactions?

Iodine may be contra-indicated with thyroid medications. Individuals may require thyroid hormone monitoring. Consult your physician for more information.

#### Iodine (potassium iodide)

each vegetable capsule contains	 v 3
iodine (potassium iodide).....	225 mcg
(hypo-allergenic plant fiber added to complete capsule volume requirement)	
<b>2 capsules per day, in divided doses, with meals.</b>	

#### Iodine and Tyrosine

each vegetable capsule contains	 v 00
iodine (potassium iodide).....	225 mcg
l-tyrosine (free-form) .....	500 mg
<b>2 capsules per day, in divided doses, with meals.</b>	

\*These statements have not been evaluated by the Food & Drug Administration. This product is not intended to diagnose, treat, cure or prevent any disease.

For educational purposes only. Consult your physician for any health problems.